

# KIRK SENIOR PROGRAM

## NOVEMBER 2008

City of San Jose—Department of Parks, Recreation and Neighborhood Services  
 1601 Foxworthy Ave. San Jose, CA 95118 Office Phone— 269-0214 / Café—448-9591  
 Our New Website: <http://sanjoseca.gov/prns/centers/CC/Kirkcc/Kirk.asp>

### Thanksgiving Luncheon

Give thanks with your friends at the Kirk Senior Program. Join us on **Tuesday, November 25th** for a delicious thanksgiving feast at the Kirk Café. On the menu:

- Turkey
- Bread Dressing
- Gravy
- Cranberry Sauce
- Salad
- Rolls
- Pumpkin Pie



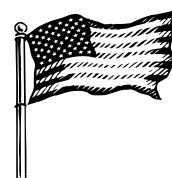
Please pre-register with Erin and Susan if you plan to attend. Last day to accept reservations is Thursday, November 20th. Suggested donation of \$2.00 per person (60 and older) and \$5.00 for those who are 59 years and younger. Call the Kirk Café Hotline at **448-9591**.

### Veterans Day Luncheon

On **Monday, November 10th** the Kirk Café will be hosting a Veteran's Day Remembrance Luncheon. Everyone is welcome to join us as we remember and honor the service of our men and women in the Armed Forces past and present. We are asking all of our veterans to bring photos of themselves in uniform or a memento of their service to share with others.

#### All American Menu:

- Hot Dogs
- Potato Salad
- Green Salad
- Apple Pie & Ice Cream



Suggested donation of \$2.00 per person (60 and older) and \$5.00 for those who are 59 years and younger. Call the Kirk Café Hotline at **448-9591**.

### Willows Free Flu Shots

The Willows Senior Center will be offering **FREE FLU SHOTS** on **Thursday, November 6, 2008** from **1:00–5:00 p.m.** at the Willows located at **2175 Lincoln Ave., San Jose**. These flu shots are for anyone 19 years of age and older. At press time they were estimating that there would be 1000 doses available to participants. For more information, call **885-3980**.

### Renovation Update:

The planned Kirk move to the Camden Center will now take place in the middle of January 2009.

Look in upcoming brochures for class schedules and room assignments at the Camden Center.



### Stroke Awareness Presentation

On **Thursday, November 6, 2008** the Kirk Café will host a presentation on **Stroke Awareness** given by Bob Parsons from the Stanford Stroke Center. In this presentation, Mr. Parsons will discuss the following:

- What is a stroke?
- What are the symptoms?
- Treatments to prevent stroke disabilities
- How to reduce YOUR risk of stroke

This presentation will be given right after lunch at **12:30 p.m.** Please join us for lunch and this important talk. To R.S.V.P. call the Kirk Café at **448-9591**.

### Holiday Luncheon at Camden

Friday, December 5, 2008  
 12:00 noon

Join us at the Camden Community Center to kick off the holidays with a lovely holiday luncheon and entertainment. Tickets will go on sale Monday, November 17th. In the Kirk Office.

### November Holidays

Tuesday, November 11th—  
 Veterans Day  
 Thursday, November 27th—  
 Thanksgiving Day  
 Friday, November 28th—Thanksgiving Holiday



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<b>WEEK 1</b>	<p><b>Monday, November 3rd -</b> Mixed Veggies / Marinated Broccoli Zucchini Salad / Grain Roll / Fresh Fruit / Pudding</p> <p><b>Tuesday, November 4th -</b> Fried Rice / Asian Veggies / Melon</p> <p><b>Wednesday, November 5th -</b> Tuscan Bean Soup w/ Ham / Herbed Rice Pilaf / Peas &amp; Pearl Onions / Coleslaw / Pineapple</p> <p><b>Thursday, November 6th -</b> Whipped Potatoes / Country Trio Veggies / Bread / Spiced Apples / Ice Cream</p> <p><b>Friday, November 7th -</b> Parslied Potatoes / Gravy / Chuckwagon Corn / Rye Bread / Tropical Fruit Cup</p>	<p><b>Stuffed Bell Peppers</b></p> <p><b>Mushroom Chicken</b></p> <p><b>Baked Fish</b></p> <p><b>Hot Turkey Sandwich</b></p> <p><b>Meatloaf</b></p>
<b>WEEK 2</b>	<p><b>Monday, November 10th -</b>     <b><u>Veteran's Day Luncheon</u></b> Potato Salad / Green Salad / Apple Pie</p> <p><b>Tuesday, November 11th -</b></p> <p><b>Wednesday, November 12th- <u>BINGO FOR FUN!</u></b> Whipped Potatoes / Gravy / Mixed Veggies / Juice / Lemon Poppy Seed Cake</p> <p><b>Thursday, November 13th -</b> Green Pea Salad / Marinated Spring Garden Salad / Juice / Chocolate Cookie</p> <p><b>Friday, November 14th -</b> Mushroom Sauce / Delmonico Potatoes / Calif. Veggies / Spiced Pear /</p>	<p><b>Hot Dogs</b></p> <p><b>Veteran's Day Holiday</b></p> <p><b>Roast Beef</b></p> <p><b>Ham &amp; Cheese Sandwich</b></p> <p><b>Turkey Patty</b></p>
<b>WEEK 3</b>	<p><b>Monday, November 17th -</b> Mixed Green Salad / Three Bean Salad / Juice / Apple Streusel Cake</p> <p><b>Tuesday, November 18th -</b> Rice / Asian Veggies / Melon</p> <p><b>Wednesday, November 19th -</b> Diced Potatoes / Gravy / Peas &amp; Carrots / Juice / Sugar Cookie</p> <p><b>Thursday, November 20th— <u>November Birthday Party</u></b> Cornbread Dressing / Whipped Sweet Potatoes / Green Beans / Citrus Fruit Cup</p> <p><b>Friday, November 21st -</b> Chicken Rice Soup / Noodles / Asian Veggies / Egg Roll / Chilled Peaches</p>	<p><b>Sloppy Joe</b></p> <p><b>Sweet &amp; Sour Pork</b></p> <p><b>Salisbury Steak</b></p> <p><b>Roast Turkey</b></p> <p><b>Chicken Stir Fry</b></p>
<b>WEEK 4</b>	<p><b>Monday, November 24th -</b> Diced Potatoes / Gravy / Normandy Veggies / French Bread / Fresh Pear</p> <p><b>Tuesday, November 25th- <u>THANKSGIVING LUNCHEON</u></b> Bread Dressing / Cranberry Sauce / Gravy / Grain Roll / Salad / Pumpkin Pie</p> <p><b>Wednesday, November 26th -</b> Whipped Potatoes / Mixed Veggies / Grain Bread / Fresh Orange</p> <p><b>Thursday, November 27th -</b></p> <p><b>Friday, November 28th -</b></p>	<p><b>Roast Beef</b></p> <p><b>Roast Turkey</b></p> <p><b>Baked Fish</b></p> <p><b>Thanksgiving Day</b></p> <p><b>Thanksgiving Holiday</b></p>

**ALTERNATE MEAL CHOICES:**                    (WITH TWO DAYS ADVANCE NOTICE—NOT AVAILABLE ON TUESDAYS)

Week 1:	Cobb Salad	<i>or</i> Vegetarian Cottage Cheese	<i>or</i> Ham Sandwich
Week 2:	Chef Salad	<i>or</i> Vegetarian Bean Salad	<i>or</i> Turkey Sandwich
Week 3:	Chinese Chicken Salad	<i>or</i> Vegetarian Cottage Cheese Salad	<i>or</i> Roast Beef Sandwich
Week 4:	Tuna Salad	<i>or</i> Vegetarian Bean Salad	<i>or</i> Turkey Sandwich

The Kirk Café is open Monday - Friday in Room 17 at 12:00 noon. Call **448-9591** for reservations.  
*This program is funded by a grant from the Healthy Neighborhood Venture Fund (Anti -Tobacco Settlement Money)*